

MEMBERSHIP PLAN

WELCOME TO YOUR

Flexible Health Cash Plan

Make the most of your Flexible Health Cash Plan by claiming money back on everyday healthcare costs. There is no medical required to join and pre-existing conditions are covered too.

Great benefits designed to support your health :

- ★ **Up to 100% money back on everyday healthcare costs** such as dental, optical and physiotherapy
- ★ **Children covered** at no extra cost up to the age of 24*. Partners added for an additional charge
- ★ **Financial support** with discounts and cashback on shopping via My PERKS
- ★ **Enjoy money back** on sports massage, aromatherapy, reflexology, hot stone massage treatments and much more
- ★ **Simple and fast online claims**, money back typically within 3-5 working days

*Living at home and studying full-time.

Additional *mywellness* benefits included:

Your health cash plan includes a range of mywellness services which you can access online, for **more information visit** members.healthshield.co.uk



My GP Anytime
Direct line to a doctor via phone or video chat



My Counselling
24/7 Counselling and support helpline



My Home Assistance
Practical help following hospital treatment



My Health Assessments
Online health and lifestyle analysis



My PERKS
Deals and discounts from great brands

The Flexible Health Cash Plan at a glance.

Below is a range of health benefits available to claim money back on. Please check your level of cover before making a claim.

How much it will cost you per month:	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
For just you	£11.80	£32.00	£47.00	£67.00	£92.00
For you and your partner	£23.60	£64.00	£94.00	£134.00	£184.00
How much you can claim:	The total amount each adult can claim back on each benefit per year.				
<input type="radio"/> Child cover					
Dental (incl. Check-ups, braces, dentures and more) <input type="radio"/>	£75	£135	£175	£225	£290
Optical (incl. Glasses, eye tests, contact lenses and more) <input type="radio"/>	£75	£135	£175	£225	£290
Chiropody <input type="radio"/>	£75	£135	£175	£225	£290
Prescriptions (e.g. NHS prescriptions charges)	1	2	3	4	5
Health & Wellbeing (incl. allergy testing, counselling fees, sports massage, aromatherapy, reflexology, hot stone massage and more) <input type="radio"/>	£75	£135	£175	£225	£290
Health Screening <input type="radio"/>	£75	£135	£175	£225	£290
Combined Physio (incl. Acupuncture, chiropractic, physio, osteopathy, homeopathy and more) <input type="radio"/>	£130	£290	£390	£520	£660
Hospital Benefits (Claim up to a max 25 days/nights per benefit year) <input type="radio"/>	£20	£45	£65	£85	£110
Parental Hospital Stay (Claim up to a max 25 nights per benefit year)	£10	£25	£35	£45	£55
Specialist Consultation, ECG, X-ray, MRI scans <input type="radio"/>	£130	£225	£350	£460	£600
Dental Accident <input type="radio"/>	£200	£400	£600	£800	£1000
Maternity – Antenatal and Adoption	£150	£300	£560	£695	£900

The table shows the maximum amount you can claim for on this plan. Health Shield review these annually so they may change. Separate benefit allowances for partners (if covered). Dependent children share one allowance with the exception of Specialist Consultation and Hospital Benefits.

Manage your plan online

Visit members.healthshield.co.uk

Discover more about the great health benefits on offer, view your cash back balances, claim online and access MyWellness services.

You'll need your member number to view your plan online, you'll find this in your welcome pack.



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This is a Financial Promotion.

